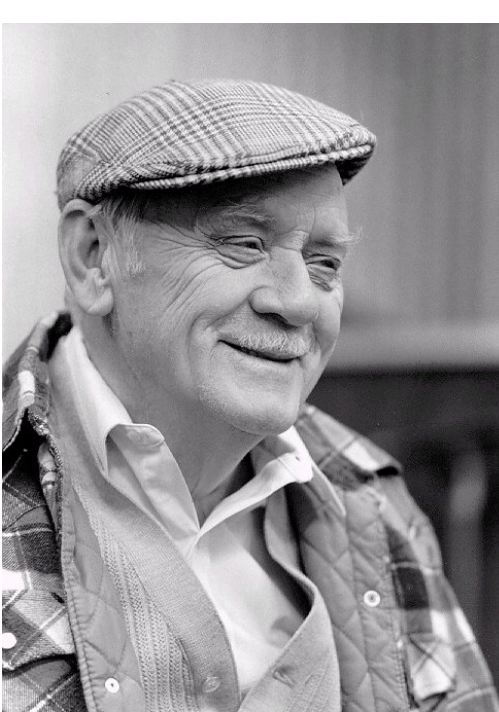


"Remember that your ultimate goal is not physical survival."

- Robert A. Monroe
from *Ultimate Journey*

Journeys Beyond Belief

The three books written by [Robert Monroe](#) have changed for the better--are still changing--countless lives. They have offered relief from fear that we may be ill mentally or physically, they have given us a map by which to navigate realms of experience far outside of the conventional; they have provided a perspective on physical life and death that demolishes any substantive barrier between the two. Through his writings Bob has shone a bright light on the reality of life as a continuum. He did this in a way that contemporary minds can easily grasp.



Chapter 1 in *Journeys Out of the Body* (1971) contains the book's *raison d'être*, evoking both a positive future and the negative view of paranormal experiences generally held by mid-century America--

The primary purposes for the release and publication of the material contained here are (1) that through dissemination as widely as possible some other human being--perhaps just one--may be saved from the agony and terror of trial and error in an area where there have been no concrete answers; that he may have comfort in the knowledge that others have had the same experiences; that he will recognize in himself the phenomenon and thus avoid the trauma of psychotherapy, or at the worst, mental breakdown and commitment to a mental institution; and (2) that tomorrow or in the years to come, the formal, accepted sciences of our culture will expand their horizons, concepts, postulates and research to open wide the avenues and doorways intimated herein to the great enrichment of man's knowledge and understanding of himself and his complete environment.

Far Journeys (1986), published 15 years after *Journeys Out of the Body*, finds Bob at the helm of a burgeoning research and educational organization. The success of *Journeys Out of the Body* resulted, in part, in an influx of readers eager to learn with the tools and technology available at The Monroe Institute of Applied Sciences. Using his own map as a guide, Bob developed week-long programs designed to train participants in the techniques of consciousness exploration.

Also during the interval between books, Bob experienced a dramatic shift, an evolution, in the quality and content of his OBEs.

From *Far Journeys*--

Beginning in the seventies I began to feel a frustration, a limitation in my out-of-body activities. It is hard for some people to believe, I suppose, but such travels actually became boring. The early excitement had long passed.

In the spring of 1972, a decision was made that provided the answer....

[Read on...](#)

"If you expect to die...you will be disappointed."

PMH Atwater, LHD, PhD (Hon.), guest speaker at TMI's [Lifeline](#) programs, is one of the original researchers in the field of near-death studies, having begun her work in 1978. She has written ten books on her findings.

Excerpted from *We Live Forever: The Real Truth About Death*, by PMH Atwater

I can say without hesitation that you encounter far more than you could possibly imagine when you die. Your previous beliefs do not necessarily determine what that is. Life is not as limiting as you may have thought; neither is death.

When I asked the people I had sessions with what death and dying felt like, here's their reply, given as a summary of their collective voices:

Any pain to be suffered comes first. Instinctively and automatically you fight to live. It is inconceivable to the conscious mind that any other reality can possibly exist besides the earth world of matter, bounded by time and space. We are used to living here. We have been trained since birth to live and thrive in the earth plane...

Your body goes limp. Your heart stops. No more air flows in or out. You lose sight, feeling, and movement, although the ability to hear goes last. Identity ceases. The "you" that you once were becomes only a memory, a dream.

There is no pain at the moment of death. Only peaceful silence. Calm. Quiet. But you still exist.

It is easy not to breathe; easier, in fact, and infinitely more natural.

The biggest surprise for most people in dying is to realize that death does not end life....

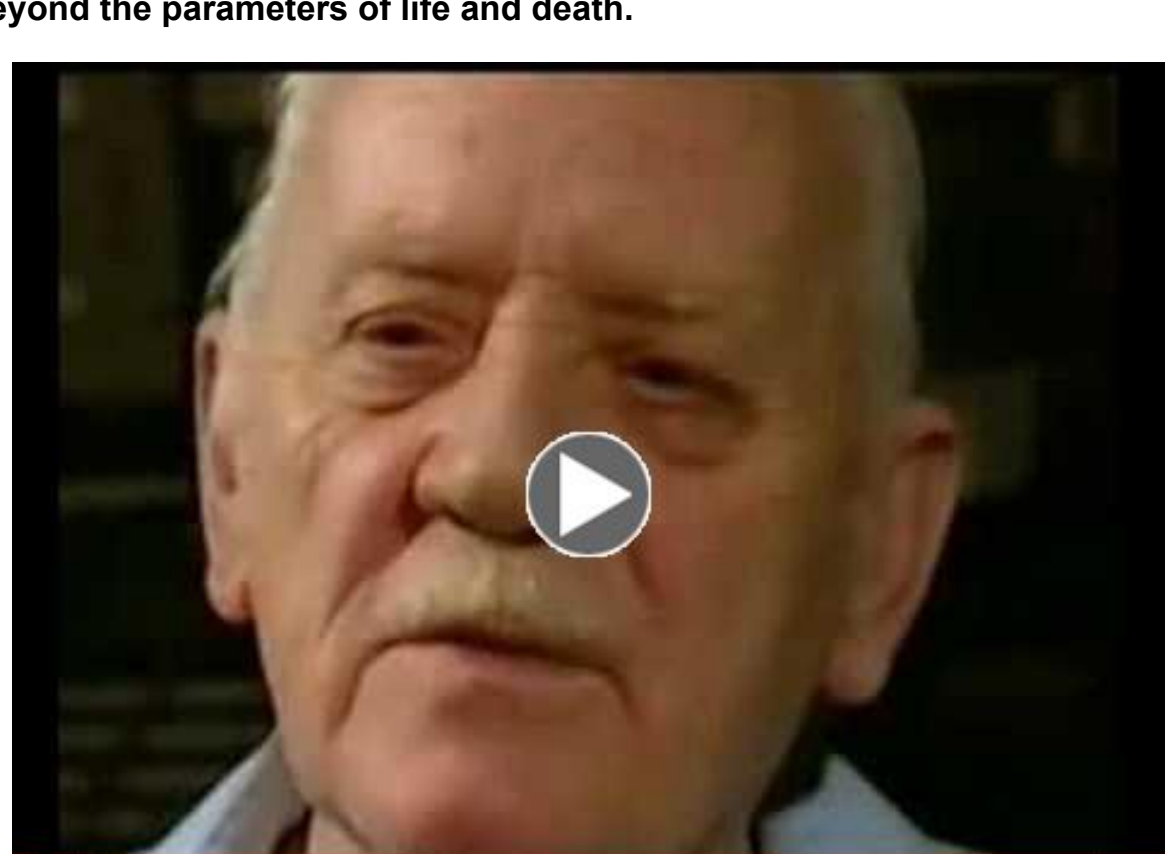
... You don't die when you die. You shift your degree of consciousness and change your speed of vibration....

[Read the full article...](#)

Bob Monroe on Evolving Consciousness and "Meeting the Maker"

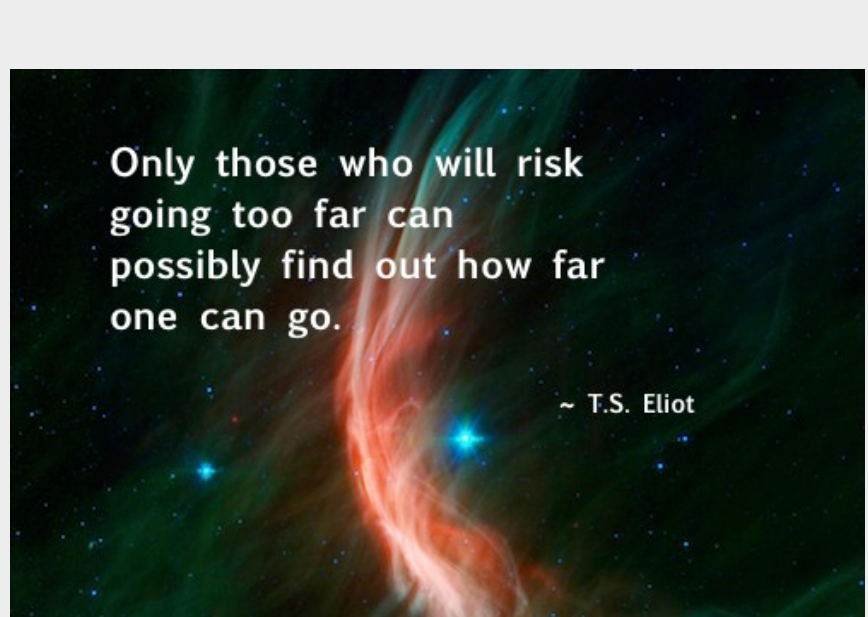
Gems from the Archives

Throughout his decades of out-of-body travels Bob relied heavily on passionate curiosity and rational intellect to aid him in discovering, understanding, and remembering what he learned beyond his humanity, beyond the parameters of life and death.



#7 Monroe's Out-of-Body (OBE)
Paranormal Transformation of Human Consciousness

Bob Monroe explains his out-of-body (OBE) experience and the transformation of his human consciousness. Paranormal guidance as a PSI component of astral travel and quantum non-local experiences.



Zeta Ophi: Runaway Star
Image Credit: NASA, JPL-Caltech, Spitzer Space Telescope

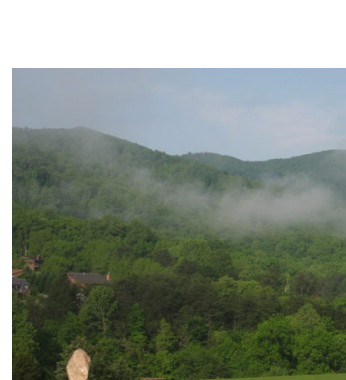
7 Questions You Will Ask at the End of Your Life

In This Issue

- [Journeys Beyond Belief](#)
- [If you expect to die you will be disappointed](#)
- [Evolving Conscious--Meeting the Maker](#)
- [7 Questions you will ask at the end of your life...](#)
- [What is my most limiting belief?](#)
- [Death need not be feared](#)
- [Local Chapters Rock!](#)
- [Radford University course on contacting the dead](#)

What is my most limiting belief?

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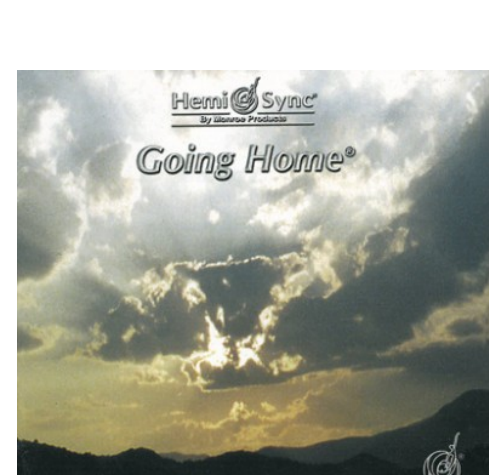
- comfortably make contact with such souls and offer assistance to help
- investigate facets of your own current beliefs
- retrieve lost parts or fragments of yourself
- and much more...

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The exercises carry you far along the continuum of consciousness to experience independence from the physical body. These rewarding journeys of discovery help you to know that death need not be feared and to resolve unfinished business so you can live more fully in the moment.

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'Exploring Inner Pathways Using Sound Technology'

A 2 Day Immersive Exploration Of Lucid Dreaming And Out-Of-Body Experiences
18 & 19 May 2013 - Hilton Dublin City. Luigi is a member of the Professional Division and Board of Advisors for The Monroe Institute (TMI).



If you are in the area and would like to attend, please visit www.archetypeevents.com/dublin

Local Chapter Network

"volunteering our time to help you connect"

The LCN has grown into a global organization, supporting those who have attended TMI programs and introducing those new to the work of Bob Monroe and TMI to the tools for exploring and expanding consciousness.

The LCN offers the opportunity to "dip a toe into the water" for little or no cost and minimal time. For those who may not see themselves attending a program at TMI, the LCN provides exposure to a group of like-minded people, ideas, and the Hemi-Sync® and SAM technologies.

The LCN Leadership Council thanks everyone from around the world for their time and continued dedication. Without you we would not exist.

[Download the May 2013 LCN Newsletter](#)

[Form a new Local Chapter](#)

Or for inquiries contact the [LCN Leadership Council](#)



New on our blog:

HUB Highlights

- [Radford University offers course on contacting the dead](#)
- [The Great Bell Chant \(The End of Suffering\)](#)
- [More than 500 Million Years Old Metal Alloy Artifacts Found](#)

The Hub offers content we think people who are interested in TMI will be interested in. When you notice Hub-worthy items [please send a link](#).


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Adventures in Consciousness

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